FOCUS ON FAMINE

# ‘It is the disaster we don’t want to talk about’

YEMEN

NIGERIA

SOMALIA

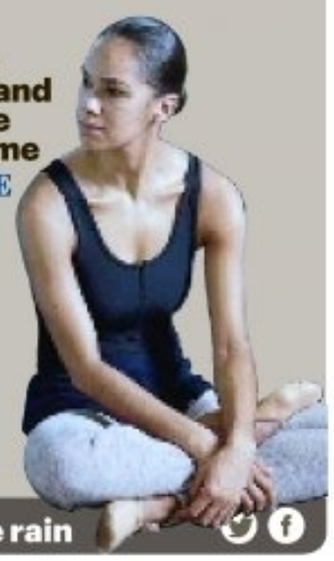
SOUTH SUDAN

**20 million people are on the brink of starvation. This is the largest humanitarian crisis since the creation of the United Nations in 1945. Canada needs to step up, says Vicky Mochama** metroVIEWS


Toronto metro

Your essential daily news MONDAY, MARCH 27, 2017 High 15°C/Low 7°C I like Toronto in the rain


BOOKS
**Ballerina Misty Copeland on her rise to global fame**
metroLIFE



The High Park Zoo capybaras, Bonnie and Clyde, have welcomed these three pups.
COURTESY JASON MCCULLOUGH

# CAPYBIRTHDAY

It’s time to wish these three bundles of joy a happy birthday with a hand-drawn card. **Are you up for the next Metro art challenge?**
metroNEWS

# Immigrants most at risk for gun injury

STUDY

## Firearm assault 43% higher for refugees than Canadian-born

A child or youth is shot in Ontario almost every day, according to a groundbreaking study that attempted to identify at-risk groups for firearm injuries.

In the study, based on government health and immigration databases and published today in the Canadian Medical Association Journal, a team of Toronto researchers found Canadian-born youth, particularly males, have higher rates of unintentional firearm injuries compared with immigrant youth.

The study found there were an average of 355 firearm injuries a year between 2008 and 2012, when a total of almost 1,800 firearm injuries were reported among children and youth in Ontario. Canadian-born males suffer 12.4 such injuries per 100,000 people — 72 per cent higher than the 7.2 among immigrant males. However, the risk of being a victim of intentional firearm assault is 43 per cent higher for refugees, at 4.7 per 100,000 people, than for non-refugees (2.4 per 100,000 people), the study found.

Also, immigrant children and youth from Africa are almost three times as likely, and those from Central America are more than four times as likely, to be a victim of such targeted firearm assault than their Canadian-born counterparts, said the study by the Institute for Clinical Evaluative Sciences (ICES) and Toronto’s Hospital for Sick Children.

Dr. Natasha Saunders, the study’s lead author and a pediatrician and associate scientist at the Hospital for Sick Children, said the findings are astonishing.

“A child or youth injured by a gun each day in this province is staggering,” she said. TORSTAR NEWS SERVICE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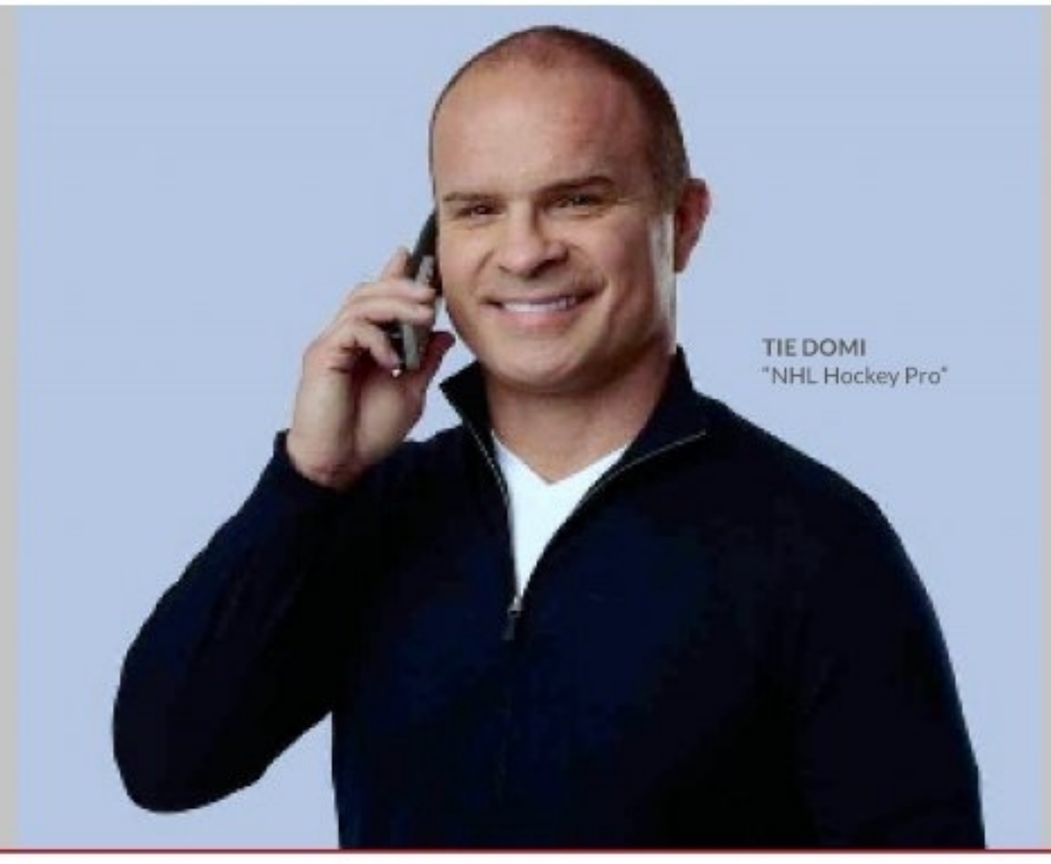


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metro NEWS

Your essential daily news

Two teens were barred from a flight for wearing leggings, angering online commenters. **World**

## Humans of Toronto by K. Omar

"Perseverance overcomes all obstacles.

**Humans of Toronto** is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

# Rich people, poor city

OPINION

### Torontonians should follow example of U.S. counterparts

**Matt Elliott**
For Metro | Toronto

Last week we learned that eighty rich people from New York State recently did something surprising: they asked the government to tax them more.

According to The Associated Press, a letter with 80 signatures — names like Soros and Rockefeller, a real monocle-and-tuxedo crowd — was delivered to the governor. It asks for a new, higher income-tax bracket to fund infrastructure and social programs.

If implemented, it would represent a $2 billion transfer in wealth. And New York's wealthy are demanding it — that's a pretty astonishing thing. And if it can happen there, can't it happen anywhere? Like maybe here?

Rich people of Toronto: Where you at?

We know you exist. A 2015 survey from real estate consultant Knight Frank found that there are 1,216 "super-rich" people in Toronto — the second-most in North America.

For the record, you need a net worth of $30 million to qualify as "super-rich." I fall, uh, just a bit short of that. You probably do, too.

And a lot of people fall way, way short. The gap is probably best expressed in these terms: In one of the richest cities in the world, one-in-four children and one-in-five adults live in poverty. Toronto City Hall is perpetually short on funds for necessities like transit, housing, parks and shelters.

We could stand a little wealth transfer. But it hasn't been forthcoming. Toronto does have some prominent philanthropists, but our city hall has struggled to attract much cash from the caviar crowd.

In 2010, a city-led effort to raise $24 million in private funds to cover some of the revitalization project at Nathan Phillips Square — the city's greatest public space — came up with virtually nothing. Elsewhere, Chicago secured about $220 million in private funds for its Millennium Park, while New York's High Line sees private donations cover more than 90 per cent of operating costs. There is no equivalent in Toronto. The $25 million philanthropic contribution made last fall to the Bentway project planned for underneath the Gardiner Expressway stands as an exception rather than the rule.

It stands to reason that the well-off people of this city can contribute more. If not through voluntary supports, then through other mechanisms. The notion of a progressive property tax system — one that levies a higher tax rate on multi-million dollar homes — has been floated by academics and think-tanks. In a city struggling with inequality, it's worth exploring. So too the notion of simply raising all property taxes, so they aren't so low relative to the rest of the GTA. But I'd much prefer the demand to level the playing field come from those at the top, like New York. The rich people of Toronto should be tired of living in a city so poor.

# Doorings are on the rise as tickets and warnings decrease

**David Hains**
Metro | Toronto

Drivers and passengers who doored cyclists were half as likely to receive a ticket or warning in 2016 compared to two years ago, according to police statistics provided to Metro.

The news comes at a time when reported doorings are on the rise and the city is trying to lower the number as part of its Road Safety Plan.

"It's disturbing to see an increase in dooring but a decrease in tickets," said Jared Kolb, executive director of the advocacy group Cycle Toronto.

He said that "enforcement is an important component," to improve cyclist safety, and added that effective enforcement needs to be consistent.

Although dooring incidents increased from 132 in 2014 to 209 in 2016, the number of tickets and warnings issued declined.

Tickets or warnings were issued in 53 per cent of incidents in 2014, but only 27 per cent last year. Asked by Metro to explain the decrease in dooring tickets while incidents increased, Toronto Police spokesman Brett Moore wrote in an email, "without in-depth research, any answer to why doorings are increasing would only be speculation."

"Education, engineering and reporting of incidents will play a huge role in hoping to make change," he wrote, adding dooring will get specific attention during a police safety campaign this year.

Toronto Police issued 21 warnings in 2015, and only five in 2016.

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CASH $ MAX PAYDAY LOANS

#METROARTSCHALLENGE

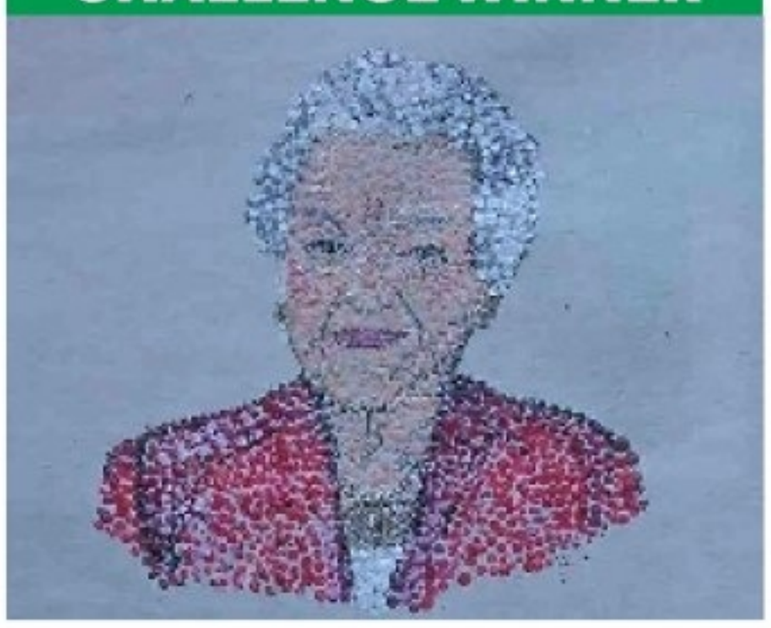
# Colour us impressed

## Readers gave Hazel McCallion a Metro makeover

**Genna Buck**
Metro | Toronto

"Hurricane" Hazel McCallion had governing down to an art as the mayor of Mississauga from 1978 to 2014. So we asked you to turn **her** into an artistic masterpiece. As usual, you blew us away.

## CHALLENGE WINNER



In what we're pretty sure is a #MetroArtsChallenge first, reader **Sara Imrie** chose nail polish as the medium for her portrait using the pointillism technique. A little sparkle couldn't have been more appropriate. Kudos, Sara!

## HONOURABLE MENTIONS

1. Joseph Benedict
2. Alfha Chau
3. Hue Huynh
4. Benzin Khali
5. Anonymous
6. Alex Chow

## METRO ARTS CHALLENGE

Toronto's favourite capybara couple, Bonnie and Clyde, are now the proud parents of three fluffy bundles of joy. So it's time to wish them a happy birthday and welcome them to Toronto with a hand-drawn card. **Snap a picture of your creation or scan it and send it to genna.buck@metronews.ca. Or tweet with the hashtag #MetroArtsChallenge.** Happy Capy drawing!

## *Toronto* DIGEST

**Suspicious death**
The Homicide Unit is investigating after a female was found deceased in a Brampton home early Sunday morning.

Police did not release the identity of the victim.

The death is being treated as suspicious.

TORSTAR NEWS SERVICE

**Washroom access fight**
A Toronto woman has launched a human rights complaint against Pentagram Bar and Grill which allegedly refused to allow her to use their washroom on the grounds that she might sue the facility if she injured herself.

Haily Butler-Henderson, who has spina bifida and uses forearm crutches as a mobility aid, says she was told she couldn't use the basement washroom multiple times.

Staff eventually relented but Butler-Henderson feels a basic human right was infringed upon.

THE CANADIAN PRESS

**Sexual assault**
Police are searching for a man after an elderly woman was sexually assaulted at a Loblaws supermarket.

On Friday, investigators responded to a call for the incident at 396 St. Clair Ave. W. at around 10 a.m. TORSTAR NEWS SERVICE

**Scarborough transit**
Developer Oxford Properties has distanced itself from pro-subway advocacy group ConnectScarborough, defunding it ahead of a contentious debate over the future of transit in Scarborough.

"We continue to be very supportive of improved public transit in Scarborough," Claire McIntyre, vice-president of marketing and communications for Oxford, said in an email.

Oxford has backed a one-stop subway extension planned to end beside Scarborough Town Centre.

TORSTAR NEWS SERVICE

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HEADLINE
COFFEE

# The Royal Treatment

## All hail, the Queen of Coffee

By: Sean Deasy

Coffee Fermentation In Nicaragua

From the northern reaches of Nicaragua in the mountainous region of San Juan del Rio Coco, Madriz, comes a coffee with a majestic taste and an equally royal handle. It's called Reyna del Cafe, or "Queen of Coffee" in English.

And, for roaster Eric Shabsove from Mountain View Coffee in Toronto, it has an undeniably regal presence.

"Reyna del Cafe has an exciting caramel-y, buttery smell to it," says Shabsove, who has curated the entire Headline Coffee collection. "As for taste, it has such a clean, citrus acidity with subtle butterscotch notes, and a silky smooth body. But, above all, I believe the acidity is actually perfect on this one."

As always, getting such a flavourful bean is all about location, location, location. Shabsove counts the densely tropical forests of northern Nicaragua, where the Reyna del Cafe co-op is situated, among his favorite coffee-growing regions. "The reason I like this area is quite simple: it's got a very unique microclimate up there."

It's effectively an area that's tailor-made for growing coffee. The most impactful characteristics of that microclimate are its rich volcanic soil and getting just the right amount of rain during the summer [hint: lots]. The high elevations and cool, dry weather in the autumn allow for the shade-grown beans to mature slowly, which in turn creates a complex flavour profile unlike any other in Nicaragua.

The timing of Reyna del Cafe's introduction to Headline Coffee members is no coincidence. In fact it couldn't be better: The beans, harvested between December and February, are released right about now.

**The proud growers**

The Reyna del Cafe co-op is comprised of 128 members – both men and women – the majority of whom are small producers, working 3.5-hectare farms at most. Through the use of Fairtrade and Organic premiums Reyna del Cafe is able to provide workshops for their members, improve their milling services, and tap into new international markets. The co-op also has a robust sense of environmental stewardship; Madriz and the surrounding departments are recognized for having high bio-diversity and protected forests.

"Most of the farmers within the co-op are small scale producers, so these are very, very small farms. In fact there's no real large producers," says Shabsove. "These are farmers who take a great deal of pride in growing their crops, and a lot of care goes into what they're doing every single day."

Shabsove says the co-op's connection with Fairtrade has enabled the farmers to vastly improve their operations. "That means developing sustainable practices, and discovering how to grow coffee better, working within their environment, helping them finance projects," he says. "Fairtrade is extremely important to co-ops in countries like Nicaragua, and even more so, as they are predominantly small farmers. Any form of assistance is greatly appreciated by them."

**Nicaragua: Sky's the limit**

Nicaragua is now considered an emerging coffee-producing nation. It's already earned and attained a level of respect as a country that's becoming increasingly better at growing coffees. Not long ago the up-and-coming countries were the likes of Costa Rica and Honduras. "Now Nicaragua is really dedicating a lot of their time and effort to growing great coffee."

If there was a time when sampling Nicaraguan coffee didn't exactly elicit great excitement among the expert tasters, Shabsove says that's now a distant [and fading] memory. The emergence of quality beans like those from the little Reyna Del Cafe co-op is a perfectly tasteful example. "Nicaraguan was never quite as good as the Costa Ricans, the Guatemalans. But now it's a totally different story.

"What makes me excited about Nicaraguan is that year after year it gets better and better, and every time I drink more and more," says Shabsove. "So each year I'm excited to try the new crop to see how much better it gets."

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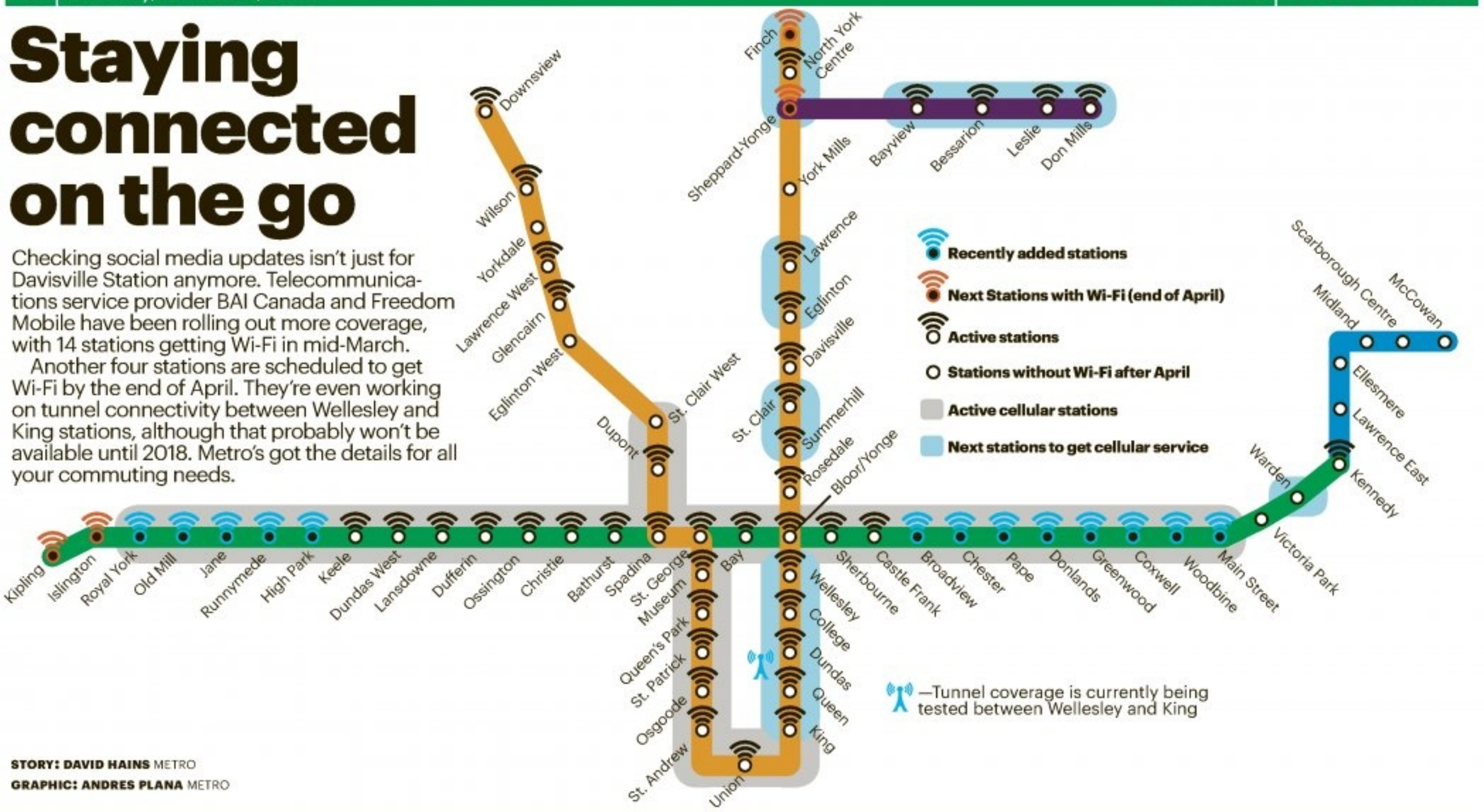
# Staying connected on the go

Checking social media updates isn't just for Davisville Station anymore. Telecommunications service provider BAI Canada and Freedom Mobile have been rolling out more coverage, with 14 stations getting Wi-Fi in mid-March.

Another four stations are scheduled to get Wi-Fi by the end of April. They're even working on tunnel connectivity between Wellesley and King stations, although that probably won't be available until 2018. Metro's got the details for all your commuting needs.




**STORY: DAVID HAINS** METRO
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# Refugee spike leads to calls for more security

IMMIGRATION

## Manitoba sees the highest bump among all provinces

Lucy Scholey
Metro | Winnipeg

New federal government statistics highlighting a spike in refugees flowing into Manitoba demonstrate a need to beef up border security, according to an immigration consultant.

Last year, 575 asylum seekers filed claims at the Canadian Border and Services Agency or Immigration, Refugees and Citizenship Canada offices compared to 220 refugees in 2015. That's a 161 per cent jump, the highest percentage increase of all the provinces.

Only New Brunswick saw a higher percentage jump than Manitoba in that timeframe, but its overall pool of refugees is comparatively low (25 filed claims last year, compared to just five in 2015).

**Canadian border guards in Surrey, B.C.** THE CANDIAN PRESS

Rosanna Pancotto, an immigration consultation with Prairie Sky Immigration, says President Donald Trump's proposed ban on refugees from Muslim-majority countries is likely to blame. Others have pointed to former president Barack Obama's deportation orders or a pro-Prime Minister Justin Trudeau movement as the cause for the refugee influx that has dominated international headlines this year.

Whatever the reason, Pancotto says Manitoba's border is "not as armed" as other provinces.

WITH FILES FROM THE CANADIAN PRESS

### BORDER

**Fewer Canadians are being turned away at the U.S. land border in recent months despite mounting concerns that Donald Trump's immigration policies are making it much harder to cross.**

- Refusals of Canadians at American land crossings dropped 8.5 per cent between October and the end of February compared with the same five-month period a year earlier, according to statistics.
- The number of Canadian travellers denied entry also dropped: 6,875 out of 12,991,027 were refused entry, a rate of 0.05 per cent.
- Between October 2015 and February 2016, 7,619 out of 13,173,100 Canadians were denied entry to the U.S., a rate of 0.06 per cent.

CALGARY

## The queen of speed

Autumn Fox
For Metro | Calgary

Calgary's Kelly Fedorowich has a need for speed.

By the end of this year, Fedorowich hopes not only to be the first licensed female competitive top fuel drag racer, but she's also going to become the fastest woman in Canada.

And fast is an understatement.

Fedorowich will be driving a souped up dragster that's fuelled by nitromethane – or 'rocket fuel,' as Fedorowich calls it.

The dragsters can hit top speeds of 530 km/h or more in fewer than four seconds – and just sitting in the vehicle as it clocks that top speed will make her the fastest woman in Canada.

It'll be a slow burn to get there. The fuel is expensive, so they'll be teasing out higher speeds throughout the season.

The dragster, is revved and ready to go though. Fedorowich got into racing through her husband, David, who had been driving in the fast lane since 18.

"Dave came into the relationship with the race car, but my relationship with that car was

Kelly Fedorowich wants to be the fastest woman in Canada.
AUTUMN FOX/FOR METRO

love at first sight," she laughed.

The family relocated to Calgary in 1994, putting their careers on hold to raise their son.

The itch to get back on the track grew and in 2011, Fedorowich, David and their now-grown son decided it was time to go all-in on a new venture together – Dark Side Racing. As of 2017, Dark Side is the only top fuel racing team in Western Canada, and one of only two teams left in the country.

Fedorowich began her top fuel training in 2016 and took a Zen-like approach to learning to pilot the vehicle, which can hit a G-force rate of seven while running a quarter mile.

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AFRICA

# Six aid workers killed in South Sudan

Six aid workers were ambushed and killed in South Sudan, the deadliest attack on humanitarian workers since the East African nation's civil war began in 2013.

The attack took place Saturday on the road from Juba, the capital, to Pibor, where there have been recent reports of fighting, said Eugene Owusu, the top UN humanitarian official in South Sudan in a statement issued Sunday.

"At a time when humanitarian needs have reached unprecedented levels, it is entirely unacceptable that those who are trying to help are being attacked and killed," said Owusu.

The ambush is the latest of several attacks on aid workers in South Sudan, which is one of the largest humanitarian crises in the world. At least 12 aid workers have been killed so far this year and 79 have been killed since civil war began in South Sudan in 2013, said the statement.

Famine has been declared in two counties in South Sudan where 1 million people are on the brink of starvation and there is also a cholera outbreak in parts of the country. But aid organizations responding to both famine and the cholera outbreak have been attacked by armed forces, according to the UN. The ambush came the day that South Sudan's government declared a unilateral ceasefire and granted amnesty to armed groups who renounce violence.

South Sudan's government agreed to issue the ceasefire in response to pressure from East African countries during a regional summit in Nairobi.

The ceasefire and amnesty was immediately rejected by Mabior Garang, a spokesman for the opposition SPLM-IO party, who called it "silly" and a "non-starter."

THE ASSOCIATED PRESS

METROLINX

EGLINTON CROSSTOWN UPDATE: OPEN HOUSE MEETING

CEDARVALE AND KENNEDY STATIONS & SURFACE STOPS

Metrolinx is building the Eglinton Crosstown, Toronto's new 19-kilometre light rail transit (LRT) line that will run along Eglinton Avenue with a central 10 km underground section. The Crosstown will connect Mount Dennis in the west to Kennedy Road in the east, and the new service will be up to 60% faster than the bus service today. With 25 stations and stops and connections to 3 TTC subway stations, 54 local bus routes, 3 GO Transit lines and the UP Express, the Crosstown will improve travel times and change the way we move through the heart of the city.

**Interested in new transit coming to your neighbourhood?**

Join us at our upcoming open houses and learn about the future Cedarvale and Kennedy Stations, two new interchange stations that will connect passengers to bus routes, the subway and GO Transit. Cedarvale and Kennedy Stations are underground stations on the new Eglinton LRT line, now under construction. The new surface stops between Pharmacy Avenue and Ionview Road will also be presented at the Kennedy Station open house.

**Cedarvale Station Open House**

**Tuesday, March 28, 2017**
**6:30 p.m. to 8:30 p.m.**
**Cedarvale Community School**
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**Kennedy Station & Surface Stops Open House**

**Wednesday, April 5, 2017**
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Police with floral tributes to the victims of the March 22 terror attack in front of the Elizabeth Tower on Sunday. GETTY IMAGES

# Attacker's message encrypted

LONDON TERROR

## Controversy swirls over WhatsApp service

Westminster Bridge attacker Khalid Masood sent a WhatsApp message that cannot be accessed because it was encrypted by the popular messaging service, a top British security official said Sunday.

British press reports suggest Masood used the messaging service owned by Facebook just minutes before the Wednesday rampage that left three pedestrians and one police officer dead and dozens more wounded.

As controversy swirled over the encrypted messages, police made another arrest in Birmingham, England, where Masood had lived. The 30-year-old is one of two men now in custody over possible links to the attack. Neither has been charged or publicly named.

Masood was shot dead on the grounds of Parliament.

Home Secretary Amber Rudd used appearances on BBC and Sky News to urge WhatsApp and other encrypted services to make their platforms accessible to intelligence services and police trying to carrying out lawful eavesdropping.

Rudd did not provide any details about Masood's use of WhatsApp, saying only "this terrorist sent a WhatsApp message and it can't be accessed."

But her call for a "back door" system to allow authorities to retrieve information is likely to meet resistance from the tech industry, which has faced previous law enforcement demands for access to data after major attacks.

In the United States, Apple fought the FBI's request for the passcodes needed to unlock an iPhone that had been used by one of the perpetrators in the 2015 extremist attack in San Bernardino, California.

THE ASSOCIATED PRESS

## TRAVEL

**Backlash against airline**

Two teenage girls were barred from boarding a United Airlines flight Sunday because they were wearing leggings. The girls, whose ages were not specified, were not allowed onto the flight because they were travelling under an employee travel pass that includes a dress code, United spokesman Jonathan Guerin said.

The airline's actions sparked a quick backlash on Twitter. Activist Shannon Watts of Denver tweeted that she witnessed Sunday's events and questioned the decision to police women's clothing. THE ASSOCIATED PRESS

**Experts warn clients planning for their futures to not leverage home equity for retirement purposes, saying it harms finances in the long term.** ISTOCK

# Planning for the future

FINANCES

## Expert says to consult family early before you retire

There's the retirement that looks like the commercials: biking, travel, enjoying the family.

And then there's the one where you can't get up the stairs anymore.

Most of us happily plan for the first, when our health is good and energy high. The second can be hard to contemplate, when health falters and medical crises can change lives.

Certified financial planner Dana Anspach of Scottsdale, Arizona, doesn't want clients to prematurely give up their homes or make other moves that may not suit them. One couple she advised moved into a continuing care community in their 80s and moved back out again a year later because they couldn't entertain or decorate the way they wanted. Anspach also has heard horror stories of elders who stayed too long in unsafe conditions.

The key, planners say, is to start thinking and talking about how you want to cope when your health begins to fail.

Anspach advises clients who don't have long-term care insurance or family members willing to provide care to save their home equity for expenses, rather than boost retirement income.

If parents expect children to help, Anspach says, they need to make sure the kids are on board and that those kids' lives are stable enough to provide care if the parents move closer.

"You don't want to move across the country and have them get transferred somewhere else," Anspach says. THE ASSOCIATED PRESS


## 150 WAYS of looking at Canada

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**ANNETTE BONOMO**

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FOCUS ON FAMINE

DAY 1: CANADA'S ROLE

VICKY MOCHAMA

CANADA MUST LEAD THE FIGHT

# Twenty million people are on the brink of starvation. The UN is asking for $4.4 billion by July to avert a global catastrophe. While Canada's donated millions, it's not nearly enough.

It is the disaster we don't want to talk about.

Twenty million people are on the brink of starvation. The United Nations and its various agencies — the World Food Programme and the United Nations Secretariat, to name two — have sounded the alarm. This is the largest humanitarian crisis since the creation of the United Nations in 1945.

In an interview with Metro in January, Joanne Liu, president of the global aid organization Médecins Sans Frontières (Doctors Without Borders), told a story about visiting famine-ravaged northern Nigeria. Liu sensed something off in one community and then realized, sickeningly, that there were hardly any children under five still living.

By inaction and indifference, we are losing whole generations. The people who survive this moment will have little reason to believe in "Never again," a promise made often by the international community after the Rwandan genocide in 1994.

To staunch mass catastrophe in South Sudan, Somalia, Nigeria and Yemen, the international community needs to come up with $4.4 billion by July. They've pledged only a small fraction.

Canada has pledged nearly $120 million, less than three per cent of the total request. Had Canada followed through on its vow from the Millennium Development Goals to adopt an aid target of 0.7 percent of its gross national income, we would be giving more than $10 billion globally. More than enough to solve this crisis, and then some.

In 2015, Trudeau told delegates at a climate summit in Paris that "Canada is back." In 2017, why not lead Canada and the world in feeding a starving and desperate population?

The UN's request could be filled within minutes by the wealthiest governments in the world, including Canada. At the highest levels of power, the political will simply isn't there to make the moral choice. The UN's emergency relief co-ordinator Stephen O'Brien says, "Allowing famine to unfold is a choice; we must make the choice to stop it."

When the decision is made to step up, it will be too late for too many. In 2011, by the time a famine had officially been declared in Somalia, tens of thousands had already died. For many families and communities today, the disaster has already struck.

Governments are slowly stepping up, but rather than waiting, citizens are already doing their part.

A group of five American friends set up a GoFundMe page called the Love Army for Somalia and asked Turkish Airlines to be their flight partner. In less than a week, more than 80,000 people donated $2.2 million. The campaign is funnelling the money to NGOs in Somalia to buy local food, rather than crash the market with foreign goods. As for the plane, they are using it to fly in specialized food for undernourished babies.

Theirs may be a dramatic example, but it is not the only effort. Somalis, Yemenis, Nigerians and Sudanese people in Canada have been doing their best to support family, friends and communities, but they can't do it alone.

Canadians often claim a particular kindness and generosity, yet all too often that spirit seems to disappear when the needy are black and African. It is made complicated when they are Arab. But there are black, African and Arab Canadians too. Their communities are ours too.

It is their cultures that enrich this country; their children who will help lead it. We must support their efforts.

Twenty million people need to eat. How will we serve them?

**NIGERIA** A malnourished child receives heath care at a feeding centre run by Doctors Without Borders in Maiduguri. SUNDAY ALAMBA/THE ASSOCIATED PRESS

**SOMALIA** Sacdiyo Mohamed, nine months old, is treated at a hospital after her mother Halima Hassan Mohamed fled the drought in southern Somalia for Mogadishu. MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

**YEMEN** A boy receives treatment at a feeding centre in the capital Sanaa. The conflict in Yemen has worsened food insecurity in the country, which was already considered one of the poorest in the world. GETTY IMAGES

**SOUTH SUDAN** Ayei Wier saw the signs of famine back in 2015 when she watched her baby Malou suffer from hunger. WORLD VISION CANADA/CNW GROUP

## BY THE NUMBERS

**20 million**

People facing famine in South Sudan, Somalia, Nigeria and Yemen. That's more than half the population of Canada.

**1.4 million**

Number of children facing death from severe malnutrition

**$4.4 billion**

Amount needed by July to prevent tragedy

**$119 million**

Amount pledged by Canada for the crisis. Canada donated $100 million for humanitarian assistance in the four countries last year

SOURCE: UNITED NATIONS WORLD FOOD PROGRAM

## HOW YOU CAN HELP

- **Doctors Without Borders:** The charity has projects in the countries affected by famine, providing medical and humanitarian assistance. You can donate via msf.ca
- **Save The Children:** The charity operates children support programs in the four countries affected. You can donate to them through savethechildren.ca
- **CARE Canada:** The organization runs poverty-reduction efforts in Somalia, Yemen and South Sudan. You can donate through their website care.ca
- **OXFAM Canada:** The charity provides emergency and long-term assistance to people in countries affected by the ongoing famine. You can donate at oxfam.ca

GILBERT NGABO/METRO

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metro LIFE

Your essential daily news

High-intensity interval training slows down the aging process, new study says

# Copeland shares dancers' wisdom

BOOKS

## Ballerina writes about discipline, body acceptance

Misty Copeland is not only one of the most famous ballerinas in the world — and the first black female principal dancer at American Ballet Theatre — but she has crossed over into mainstream pop culture fame like no other.

Her bestselling book, Life in Motion, was a memoir, but in her new book she seeks to impart some of the wisdom that helped her along the way. She includes detailed exercises — classic ballet moves, starting on the floor — and also meal plans and favourite recipes.

On a recent morning, Copeland sat down for an interview. Her remarks were edited for length and clarity.

**WHY THE NEW BOOK?**

"Every woman struggles with their body at some point, especially as a dancer. (Also) I've been approached about what I eat, what other forms of exercise I do outside of class. How do I mentally and emotionally stay strong in a field like this? So I felt like I needed to write about this ... also just debunking these awful stereotypes attributed to ballerinas, having eating disorders and not really being athletes. We work just as hard as athletes, if not harder, because we are also actresses and actors onstage. We're not competing to win, but we're competing to be ourselves, our best selves. Everyone can benefit from that kind of structure in their lives."

**ON BODY IMAGE**

"I never felt beautiful. In school I was really short and really thin and I had really big feet and this tiny little head, and long arms and really big hands, and felt like, this isn't what society views as beautiful. And it wasn't until I stepped into ballet class that it was like, 'Wow, you have the perfect balance and physique for ballet.' And so I became used to that. And then I went through puberty and my body changed. It's not talked about really openly, but every dancer goes through ups and downs in terms of being out of shape. We need to treat our bodies like an instrument, and that's a huge part of it, just finding a balance and not depriving yourself.

**ON THE RIGHT MINDSET**

"I think it's important to feel comfortable with who you are, no matter where you're starting from. The mental discipline is so much a part of it, feeling strong, feeling in control. And just focusing on the journey and feeling good about yourself. I want this book to be for everyone... for someone who has never taken a dance class, for the mom or the college student."

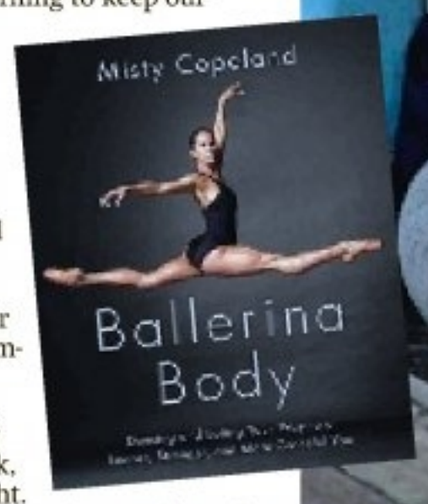
**COMING TO TERMS WITH FOOD**

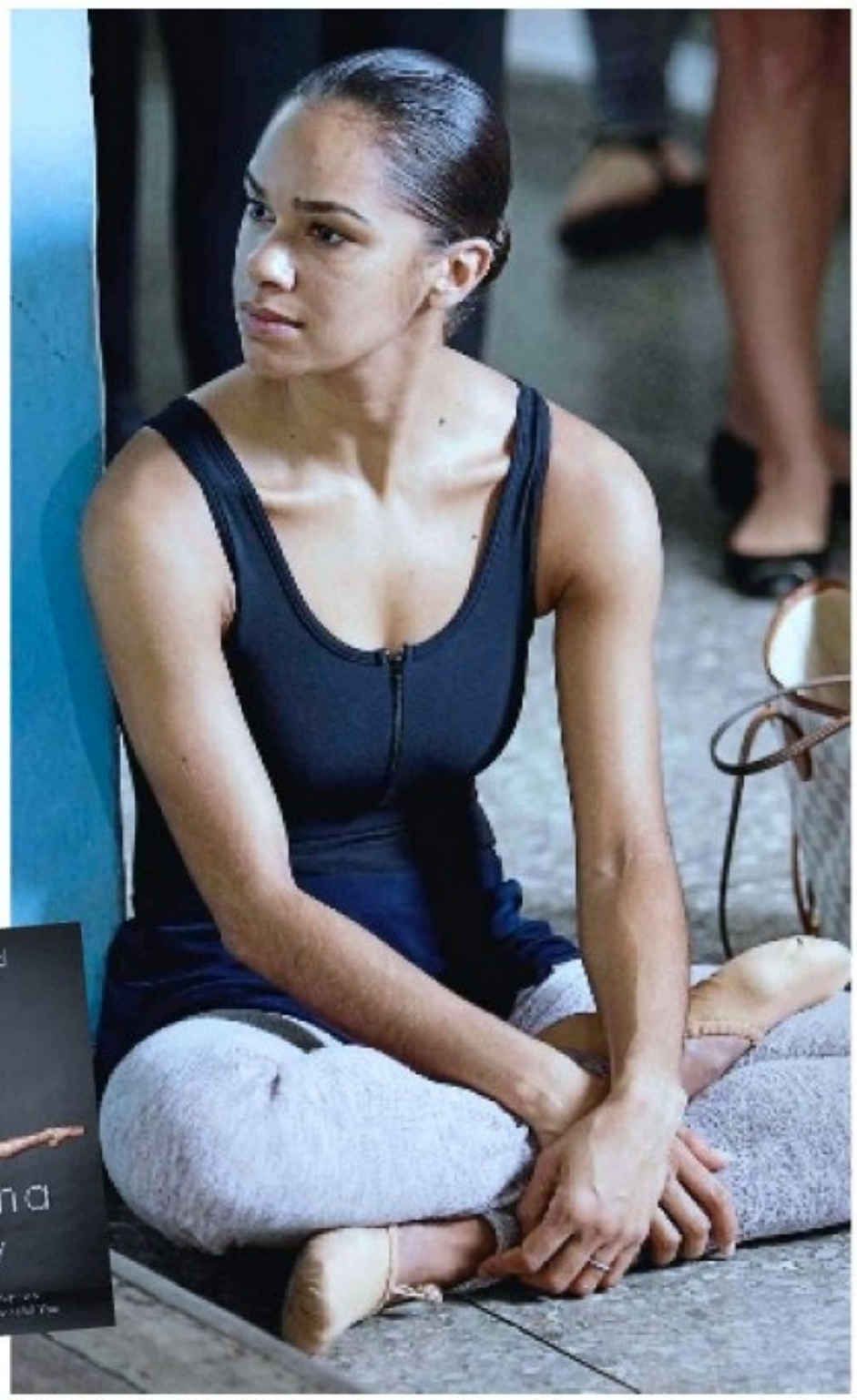
"We all have a difficult relationship with food. Especially in America where we have so much access to quantity. We were on food stamps for most of my childhood, so we were finding food to eat to survive, it wasn't about the best and healthiest food. So when I became a dancer, I pretty much was eating whatever I wanted. Once my body changed, that's when I really started to evaluate what I was putting into my body. I cut out meat six or seven years ago."

**WHAT'S A BALLERINA'S TYPICAL DAY?**

"We're in class at 10:15. An hour and a half every morning. Even if we're not in rehearsals, we still take class every morning to keep our instrument fine-tuned. Rehearsals start at noon. We usually go straight through from noon to 7. And that's during rehearsal period. During our biggest performance period, spring season, we're working six days a week, until 11 at night. It's a lot; people don't really realize it when they just see this beautiful product onstage.

THE ASSOCIATED PRESS



Misty Copeland, the first black female principal dancer at American Ballet Theatre, has crossed over into mainstream pop culture fame.

ERNESTO MASTRASCUSA/AFP/GETTY IMAGES

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# A Barbie world for girls and boys

**Richard Dickson, president and chief operating officer, says Mattel, the maker of Barbie and Hot Wheels, is trying to bring new life to its classic toys through live-action films.** THE ASSOCIATED PRESS

TOYS

## Mattel trying to reach kids on phones, laptops, TVs

Mattel is looking to the movies. The maker of Barbie and Hot Wheels, which has live-action films based on those toys in the works, says it wants to find new ways to be on more screens in front of more kids.

These days, that takes more than a 30-second commercial.

Big-screen movies are a first for 72-year-old Mattel, which has mostly relied on television ads, apps and straight-to-DVD movies to promote its toys. It launched a separate unit last year to help produce films, TV shows and other content with studio partners.

The Barbie movie hit a snag last week when comedian Amy Schumer dropped out of the starring role citing scheduling conflicts. The film is being made with Sony and it's expected to be released next year.

A Hot Wheels film is also in development.

Mattel will also be on TV starting April 7 on ABC, showing its search for the next big toy idea in a competition show called The Toy Box.

Chief Operating Officer Richard Dickson says Mattel is making the winning toy now, and it will go on sale at Toys R Us stores after the series ends May 19.

Other changes Mattel has made include new body shapes, hair types and skin colours for Barbie, and the American Girl brand's first boy doll.

Dickson spoke recently about how Mattel is trying to bring new life to its classic toys. Questions and answers have been edited for clarity and length.

**Historically, we never addressed the cultural pushback that we always had with people criticizing Barbie's body**
Richard Dickson, president of Mattel on beauty standards

**Why the focus on movies and TV shows?**
Kids today can obviously skip commercials. And screen time today is not one screen, it's multiple screens. Our objective is to be everywhere our consumers are. They are on their phone. They are on their laptop. They're on their iPad. They're on their television. There is no centre.

**What's the Barbie movie about?**
I can't get into a lot of detail as to what the story will be, but I can tell you what it is. It is live action. It is going to be a story that continues to celebrate the idea that girls can be anything. I think the way that we narrate that story will be entertaining for girls of all ages. And I also think it will be, hopefully, appealing to some boys also.

**With Amy Schumer out of the Barbie movie, is there a search for someone else? What are you looking for? Another comedian?**
We have a list of people who are interesting and interested. We look forward to working with Sony to bring the vision of the character and the story to life.

**Why the changes to Barbie's body shape last year?**
Historically, we never addressed the cultural pushback that we always had with people criticizing Barbie's body. And we sort of justified it by saying it's a toy and it's not a real human and we sort of moved on. And one of the things that we've done, to reintroduce the brand as relevant, is to listen to the consumer and start to have a dialogue with her instead of a monologue.

**In 2015, a Barbie ad featured a boy for the first time. Why the attention to boys?**
We know for a fact that a lot of boys play with Barbie and it hasn't been something that we've acknowledged. In many cases it is a boy playing out a Barbie world with his sister. And then there are boys who actually drive the play themselves. We are pretty pronounced with boys, we just never really expressed it in marketing.

THE ASSOCIATED PRESS

## Health DIGEST

SURVEY

**Optimism comes to those who age**

A new survey suggests many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age — about declining health, lack of independence and memory loss — lessen as Americans age. Among people in their 30s, 46 per cent described themselves as mostly or somewhat optimistic about aging, compared with 66 per cent of people 70 and older. TORSTAR NEWS SERVICE

TREATMENT

**U.S. OKs new drug as add-on for Parkinson's**

U.S. regulators have approved the first new drug in a decade for Parkinson's disease, a neurological disorder that causes tremors and movement difficulties. The Food and Drug Administration says it has approved Xadago for use when a patient's regular medicines aren't working well. According to the FDA, adding Xadago to levodopa decreased symptoms such as involuntary muscle movement.

TORSTAR NEWS SERVICE

FDA

**Rare cancer linked to breast implants**

The U.S. Food and Drug Administration says it has received reports of 9 deaths and more than 350 cases of a rare blood cancer linked to breast implants. The World Health Organization concluded years ago this type of lymphoma can develop following breasts implants. The disease seems to occur more often with textured implants in the scar tissue near the implant and is associated with pain and swelling. TORSTAR NEWS SERVICE

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# Spending viruses can turn into debt disease

DEBT

## Buy-now-pay-later bacteria gobble up good intentions

Gail Vaz-Oxlade
For Metro Canada

Like a little sneeze, it is so easy to let debt infection spread until you have a full-blown case of debt misery. ISTOCK

It's easy to catch a cold and it's tiresome when that cold then turns into something more serious like a sinus infection or even pneumonia.

But just as a little thing can become a big thing when it comes to our health, so too can small debt infections become full-blown diseases, rotting your resolve and ruining your plans for the future.

It may be no big deal to carry a $200 balance on your credit card when the option is to leave your car in the shop because you don't have the money to pay for repairs. If you don't spend another penny until that $200 balance is gone, you've applied the right medicine to a short case of the debt-flu.

But if you let that $200 balance spread to $350, $500, $775, you'll soon find spending viruses and buy-now-pay-later bacteria of all kinds clamouring to gobble up your good intentions.

In no time at all you'll have a full-blown case of debt misery, and it'll take nothing short of surgery to get yourself financially healthy again.

It is so easy to let the infection spread. A sneeze here: Oh, look, that pretty dress is on sale. A cough there: I've got most of the vacation money socked away, I'll just put the rest on my card and pay it off when I get back.

> **Remove the temptation to spend by eliminating the plastic until the account is back in the black**

The next thing you know you've hit your limit and your oh-so-kind credit card company has given you another $1,200 worth of room. Nothing short of an amputation is going to fix the problem.

No, I'm not suggesting you cut off your fingers! But how about cutting up your cards? You don't have to cancel your accounts, just remove the temptation to spend by eliminating the plastic until the account is back in the black. Then you can order a replacement card and go back to using your credit cards as a convenience, as opposed to being held hostage to high interest rates and all kinds of stupid fees.

What if you never seem to be able to say no when the consumer bug bites? Then don't take your cards with you unless you're shopping with a list for specific items.

Before you head out, write the amount you plan to spend (because you have the money in the bank to pay off the balance) on a piece of paper and wrap it around your card. As you shop, deduct what you're spending from the amount you wrote. You'll know exactly how much you have left to spend.

When you get home, don't wait for the bill. Go online and pay off your day's charges.

There are times when credit is useful. There are even times when you can't see how to get from here to there without racking up some debt. That's the cold. Let that debt fester, let it continue to grow, and you'll find yourself dog-sick and in need of some major medical intervention to cure your debt malaise.

For more money advice, visit Gail's website at gailvazoxlade.com

JOHANNA SCHNELLER WHAT I'M WATCHING

## Musicals brought to new generation

**THE SHOW: The Late, Late Show with James Corden, Wed. March 22 (CBS)**
**THE MOMENT: The medley**

Josh Gad, star from Broadway's The Book of Mormon and the new film Beauty and the Beast, begs to be James Corden's co-host. They begin sing-arguing to the tune of the film's Little Town, then swing into Gaston ("No one jokes like Josh Gad/delights folks like Josh Gad," Gad sings. "No one gets up on stage and then chokes like Josh Gad," Corden rebuts), and finally, "Be Our Guest."

"Be my guest, be my guest/it's a plea you can't protest," Corden sings. "Smile your pearly smile/Oh I bet you brush with Crest/Josh Gad knows what to do/Puts the 'you' in interview/Talk about your shoes from Gucci or your scenes with Stanley Tucci."

The camera swivels to the audience. Gad high-kicks down the risers with a host of leggy dancers. "Step by step, bit by bit/Lift my mug and take a sip/Thanks for having me/I feel so Hashtag Blessed."

"So Josh Gad, have no fear," Corden sings, "Sit next to Judy Greer –"

"And be his guest!" sing the dancers, twirling and kicking.

"OK!" Gad crescendos, as confetti falls, "I'll. Be. Your. Guest!"

Corden is on late. The oldsters who grew up with musicals have gone to bed. Which means he's bringing an entirely fresh generation to the form.

He's successful at it because he pokes at the impulse behind musicals, mixing irony and comedy into their sincerity, much like Family Guy does in its (often scathing) musical numbers. La La Land feels like old thinking about song and dance. Corden is onto something new.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

James Corden. CONTRIBUTED

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# Startup incubators take studies out of classroom

UNIVERSITIES

## Programs offer hands-on learning, mentorship

Megan Haynes
For Metro Canada

Everyone told Matthew Watkinson that his business idea was crazy. What sort of money would there be in selling tiny wheels for miniature skateboards you operate with your fingers?

But the then-28-year-old Brantford, Ont. native was at the end of his rope: Without a high school diploma, his options were limited. Out of work, he was living with his parents and was looking for something — anything — to help him get out of debt. He went to the local business centre to see if his idea of supplying the fingerboard community with mini wheels was viable. It was, they said. To help him develop the idea further, the business centre pointed him to an entrepreneurship incubation program at Wilfrid Laurier.

At LaunchPad, he spoke with potential clients and suppliers about the potential of his idea. He also worked with a mentor and other early-stage startups. At the end of eight months, he launched his first business, Joycult, selling mini wheels online.

Two years later, his business is pulling in shy of six-figures per year. And at 30, he's purchased his first home.

Universities across the country have launched startup incubation programs as they seek to diversify learning out of the classroom. Most programs target current and former students, alumni and sometimes locals in the community, offering hands-on learning, mentorship, resources and even financial support.

At Wilfrid Laurier, LaunchPad originated as a way for students to receive course credit, says Tom Ebeyer, co-ordinator of incubation and new ventures at the university. Demand was high and in 2014, it transitioned into a standalone program for students and members of the community.

Seventy-five people filter through the program each year, and ideas span tech, like new apps or hardware, to niche consulting businesses and novel retail ideas. Like Watkinson, students are paired with a mentor, participate in group sessions, conduct interviews that prove their business model has merit. They also develop a business plan.

Universities have been subject to criticism in recent years that programs do little to prepare students for life outside academia. Part of Laurier's goal with LaunchPad is to provide more hands-on, real world experience to address that concern, Ebeyer says.

What's more, entrepreneurship is increasingly attractive to prospective students, says Barry Yates, managing director of Entrepreneurship at the University of British Columbia (e@UBC), an incubation and funding program available for students, faculty and alum at the Vancouver school. Schools with programs targeted at startup-hopefuls provide a differentiator when people are choosing a school, he says.

And while universities have not traditionally participated in the startup culture, he says, that's changing as institutions recognize there's a large untapped opportunity in students' and faculties' research.

"UBC spends $600 million on research annually and has more than 6,000 researchers," he says. "There's so much intellectual property and ideas and untapped potential. Marrying that with entrepreneurs and giving (e@UBC participants) the opportunity to take these ideas and commercialize them is hugely compelling for both the university and community here."

### INCUBATORS

**Universities capitalizing on startup incubator craze.**

- **Halifax:** Dalhousie – ideaHUB
- **Montreal:** McGill – McGill Lean Startup
- **Ottawa:** University of Ottawa – Startup Garage
- **Waterloo:** Wilfrid Laurier – Launchpad
- **Waterloo:** University of Waterloo – Velocity
- **Edmonton:** University of Alberta – TEC Edmonton
- **Vancouver:** University of British Columbia – e@UBC

**In two years, Matthew Watkinson turned his idea of selling tiny wheels for miniature skateboards into a business pulling in nearly six-figures per year.**
CONTRIBUTED

YOU CAN DO THIS SECURITY MANAGER

# Job touches every part of the hotel

**Michael Tadros, 28, security and loss prevention manager, Hazelton Hotel, Toronto.**

### WHY I LIKE MY JOB

Originally the plan was to be a police officer, but that changed once I got into hospitality. I did the Police Foundations program – policing 101 – at college. We learned about community policing, public relations, victim services and did crisis management training. You don't have to go through that program to be a security manager, but there's a benefit because you learn about structural security – like how to monitor doors, etc. It gives you a bit of a head-start. We're also expected to be certified in CPR, first aid and emergency defibrillator as well as be familiar with fire protocol.

At first, I worked for Brinks, the armoured car company, doing logistics. I was naturally drawn to the customer service aspect of hospitality so that's how I ended up in the hotel world. I started at the Shangri La setting up the security system and processes, before moving into my current role.

Day to day, security staff are expected to do patrols, monitor security cameras and respond to hotel staff, guests and residents' emergency requests.

Security is the type of job where you get to interact with every department, every employee. It touches every part of the hotel. Each day, I do something different, and work with different people, which I love.

ISTOCK

**THE BASICS: Security Manager**

**$65,899**

Median annual salary for an intermediate-level security manager. Those with advanced training and experience can earn upwards of **$119,000** a year.

**+4%**

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by nahb.ca, onetonline.org, payscale.com, mcsc.jus.gov.on.ca and guardacademyontario.com

### HOW TO START

There are a number of ways to get into the security management field. The Police Foundations programs at colleges like Algonquin or Humber, are common entry points, while some post-secondary institutes, like the University of Calgary or Mohawk College, offer diplomas and certificates specific to security management. Private institutes also offer security guard training. Students can expect to get an introduction to security theory, as well as an overview of the Canadian legal system, health and safety regulations, and use of force regulations. They also receive hands on use-of-force and communication training.

Each province regulates security guards differently, but all require a basic training course offered by private institutions, accredited colleges or accredited online programs, and require applicants to be 18 years old with a clean criminal record. They must also pass a written test in order to be licensed.

### WHERE YOU CAN GO

There are opportunities across the country in security management. Private security firms, like Brinks or Garda Security operate in most major cities, while corporations, condos, hotels, malls, hospitals and other institutions often employ their own security details.

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metro SPORTS

Valerie Grenier won the Canadian women's giant slalom title on Sunday on her hometown hill in Mont Tremblant, Que.

# Maye shoehorns Tar Heels into Final Four

MARCH MADNESS

## North Carolina sends Kentucky home on late jump shot

The North Carolina Tar Heels now are a win away from getting back to a national championship game they narrowly lost a year ago.

And this time, they made the last shot.

Luke Maye hit a jumper with 0.3 seconds left and top-seeded North Carolina held off Kentucky 75-73 to earn the Tar Heels' second straight trip to the Final Four and 20th all-time in Sunday's showdown of college basketball's elite in the South Regional.

**SUNDAY In Memphis**

| 75 | 73 |
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| UNC | KENTUCKY |

The Tar Heels (31-7) will play Midwest champ Oregon on Saturday in Glendale, Ariz., in the national semifinal.

"We get to keep playing," North Carolina coach Roy Williams said.

North Carolina took control with 12 straight points over the final five minutes, a run similar to what it used a week ago to beat Arkansas. The Tar Heels finished this game with a 16-9 run. Kentucky's freshmen De'Aaron Fox and Malik Monk hit three quick threes, the last two by Monk. Monk's second shot with 7.2 seconds left and defenders in his face tied it up at 73.

Theo Pinson brought the ball down and passed back to Maye. The sophomore knocked it down for the win with his feet on the three-point line.

"I'm the guy that wanted him to come as a walk-on, so how dumb am I?" Williams said. "He (made) some big-time plays today, big-time plays two days ago."

Maye finished with 17 points off the bench for North Carolina. Justin Jackson scored 19 points, and Joel Berry II added 11.

The Wildcats had one last chance, but Derek Willis's inbounds pass went out of bounds on the far end.

Kentucky (32-6) will miss out on the Final Four for the second straight year.

The Wildcats had hoped their talented freshmen would carry them. Bam Adebayo and Fox each had 13 points, and Monk, the Southeastern Conference player of the year, finished with 12.

Earlier Sunday in New York, South Carolina earned its first trip to the Final Four with a 77-70 victory over Florida.

South Carolina will face Gonzaga on Saturday.

THE ASSOCIATED PRESS

Luke Maye's basket with 0.3 seconds remaining proved to be the winner in North Carolina's victory over Kentucky on Sunday. ANDY LYONS/GETTY IMAGES

CURLING

## Homan rink makes it a clean sweep

Canada's Rachel Homan knew there would be pressure heading into the final of the 2017 world women's curling championship.

Not only was Homan trying to erase past personal disappointments in her third appearance at the championship, but her Ottawa rink was being counted on to erase Canada's lengthy title drought. The fact that Homan advanced to the final in Beijing without dropping a match only heightened expectations.

**13**

**Canada won all 13 of its matches.**

Homan and her teammates — vice-skip Emma Miskew, second Joanne Courtney and lead Lisa Weagle — responded with a textbook 8-3 win over Russia's Anna Sidorova in Sunday's final, giving Canada its first women's world championship in nine years and adding more steam to Homan's momentum heading into this year's Olympic trials.

Scotland's Eve Muirhead captured the bronze medal, beating Sweden 6-4 earlier Sunday.

After an open first end, Canada put the pressure on Russia with two points in the second end and a steal of one in the third before cruising to a comfortable victory.

"We've lost that one and its tough, and we wanted to make sure we were doing exactly what we were doing all week, because we knew that would lead us to the win," Homan said.

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HOCKEY

## Trans player opts to retire for transition

Harrison Browne, believed to be the first openly transgender athlete in professional North American team sports, has announced he plans to retire.

In order to transition, Browne, who was born Hailey Browne, will be leaving the National Women's Hockey League (NWHL). His last season, however, ended with a win. His team, the Buffalo Beauts, won the NWHL championship trophy, the Isobel Cup, on March 19.

**Harrison Browne** NWHL/THE ASSOCIATED PRESS

Browne, originally from Oakville, came out as transgender during an interview with ESPN after a year of playing in the league as a forward.

The NWHL is a fledgling four-team league in only its second season of existence.

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# Selection questions loom for Blue Jays

MLB

## Roles for Goins, Pearce unclear as pre-season nears its end

**Steve Pearce** has worked his way into the Jays' opening day roster conversation with a strong pre-season in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

The Blue Jays concluded their final weekend of spring training with an air of uncertainty lingering over the remaining roster decisions.

What role will versatile free-agent pickup Steve Pearce fill: left field or first base?

Who will nail down the final long-relief spot?

Where does Ryan Goins fit in? The middle infielder — who was plunked on the elbow in Toronto's 2-1 loss to the Baltimore Orioles on Sunday — has been excellent defensively and with the bat. With three games left in Florida, the Jays appear to be leaning toward starting Pearce in left field. He has played 208 career games in the outfield (212 at first) and said he's comfortable with the move — about six months after surgery on his right elbow.

Putting Pearce in the outfield would have a ripple effect on outfield contenders Melvin Upton and Ezequiel Carrera. There isn't likely room for both, especially if Toronto carries seven relievers, as expected.

As for the bullpen, closer Roberto Osuna, Jason Grilli, Joe Biagini, J.P. Howell and Joe Smith are locks, and left-hander Aaron Loup is expected to get one of the two remaining spots.

The battle for the final berth is down to veteran free-agent addition Mat Latos, Mike Bolsinger (acquired from the Dodgers in a trade for Jesse Chavez last season), returnee Ryan Tepera and waiver-wire pickup Dominic Leone. Tepera, who almost made the opening day roster last season, bounced between the majors and Triple-A Buffalo six times last year. He still has options, as does Leone. Latos and Bolsinger do not.

With 186 career starts in the major, Latos could join the rotation in Buffalo and give the Jays depth in case of injury. He could also decline and explore opportunities with other teams.

"We'll see," Jays manager John Gibbons said, when asked what's next for Latos. "He'll keep pitching, and there are some things that are going to go down to the wire."

As for Pearce, he played left field in Saturday's split-squad game against the Canadian junior team — his first start in the outfield since Sept. 12.

TORSTAR NEWS SERVICE

### ROTATION SET

The Toronto Blue Jays will send Marco Estrada to the mound when they open their Major League Baseball season April 3 at Baltimore.

The Blue Jays announced their starting rotation Sunday. Following Estrada are J.A. Happ, Marcus Stroman, Francisco Liriano and Aaron Sanchez.

THE CANADIAN PRESS

### IN BRIEF

**Vettel ends Ferrari drought**
Sebastian Vettel broke Ferrari's Formula One drought with a victory over the Mercedes team of Lewis Hamilton and Valtteri Bottas on Sunday at the season-opening Australian Grand Prix.

Ferrari hadn't won an F1 GP since Vettel's victory in Singapore in 2015. Canadian 18-year-old Lance Stroll didn't make it to the finish in his debut. In an eventful 40 laps, the Montrealer clipped a wall, was handed a grid penalty and skidded through the gravel. THE ASSOCIATED PRESS

**Dream return for Defoe as England beat Lithuania**
Jermain Defoe made a scoring return after more than three years out of the England team as the Group F leaders eased to a 2-0 victory over Lithuania in World Cup qualifying on Sunday.

The Sunderland striker, 34, swept in his 20th England goal on his 56th appearance from Raheem Sterling's pass. Jamie Vardy netted the second in the 66th minute.

THE ASSOCIATED PRESS

**Toronto Wolfpack remain unbeaten at 5-0**
The Toronto Wolfpack continued their impressive debut rugby league season with a 48-21 win over at the Keighley Cougars in Kingstone Press League 1 action on Sunday.

The Wolfpack improved to 5-0 in competitive matches this year, including three wins in the third division of English rugby league and two victories in the Ladbrokes Challenge Cup. Johnny Pownall led the way with three tries for Toronto, which trailed 9-8 at halftime before a dominant second half. Adam Sidlow added two tries. THE CANADIAN PRESS

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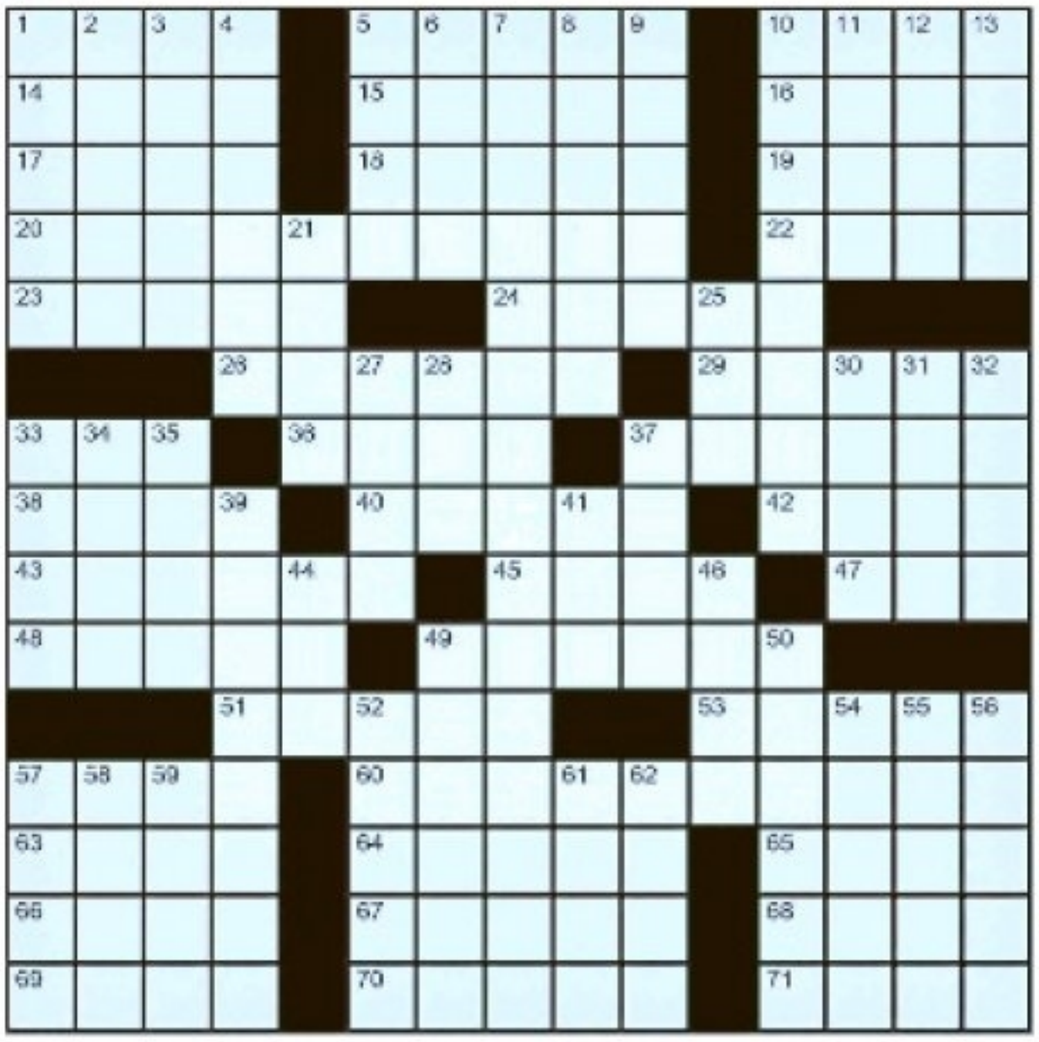
# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Hockey movie, "_ Shot" (1977)
5. Carbonated drinks
10. Character for Elizabeth McGovern on "Downton Abbey"
14. Musician Mr. Puente
15. "_ _ have it!" (Bidder's exclamation)
16. Word in a Grimm opener
17. It means 'Soil'
18. _-_ knife
19. Mr. Trotsky
20. 2017, Year of _ _
22. Go Detail link
23. War horse
24. 50 Cent album: 'Get Rich or Die _"
26. Big name in sunglasses
29. Sir Paul McCartney's nickname
33. 'My' in Quebec, plurally
36. Dog's disdained delivery!
37. As per #7-Down, Red Green's nerdy nephew
38. Air kiss sound effect!
40. Canuck flappers
42. "_ and _" by Lady Gaga
43. Pull the vampire's teeth
45. _ in the road
47. Sanction
48. "Me, Myself & _" (2000)
49. The _ = Bilbo Baggins
51. Balk/hesitate
53. Engage in henpecking: 2 wds.
57. Count on
60. Toronto-born portrayer of the title character of "The Red Green Show": 2 wds.
63. Studied-for undertaking
64. Lake Erie community in Ontario, Port _
65. No word of _ _ (True)
66. Cotton variety
67. Make hair stand _ _
68. Thailand neighbour
69. Eminem tune
70. Opera _ (Opera style that's serious)
71. Anglo-Saxon toiler

**DOWN**
1. RBIs, e.g.
2. Illuminator
3. "If _ _ Falls" by Bruce Cockburn
4. Less loaded
5. TV news hour, _ _'clock pm
6. Grannies, in Germany
7. 2002 Red Green movie comedy starring #60-Across: 3 wds.
8. Sailor's 'backward'
9. "Love _" (1970)
10. "MasterChef Canada" = _ competition show
11. Candid
12. Origin
13. Cornerstone word
21. Singer/actress Aubrey
25. "_ _ Believer" by The Monkees
27. Safecracker
28. Quebec 'wheat'
30. Not ruffled
31. Sleuth's lead
32. Mine entrance
33. Caesar's 2501
34. Washstand vessel
35. Home free
37. Dill or mint
39. As per #60-Across... Red Green's gig
41. Shed many tears
44. Born, in a wedding announcement
46. Families
49. 'Snappy' words in football...
50. Steamed-in-corn-husks dish
52. Early platform for PCs
54. Monster lizards
55. 'Tempt' suffix
56. Foo Fighters tune: "Times Like _"
57. VP Mike Pence, et al.
58. Leave
59. The Dalai _
61. "_, vidi, vici."
62. Earth goddess in Richard Wagner's opera Das Rheingold

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Because you feel sensitive to others today, you might use your money or something that you own to help someone. (Meanwhile, being kind will make you feel happy!)

**Taurus** April 21 - May 21
You feel inspired to be the best that you can be today. You also know that being the best means benefiting others as well as yourself.

**Gemini** May 22 - June 21
You will put the needs of someone else before your own because it makes you feel good. It's just one of those things; you want to take the high road.

**Cancer** June 22 - July 23
If you are in competition with others today, you won't be too fierce, but you won't be a wimp, either. You want what is best for the greatest number of people.

**Leo** July 24 - Aug. 23
If you are talking to parents and bosses today, you will show them ways that work out best for everyone. It's quite likely that they will be impressed with your insight.

**Virgo** Aug. 24 - Sept. 23
You might want to study religion, yoga or meditation today, because you are interested in something "different." You want to expand your experience of life.

**Libra** Sept. 24 - Oct. 23
You will be reasonable if dealing with an inheritance or if deciding how to share something today. You understand that good business is mutually beneficial.

**Scorpio** Oct. 24 - Nov. 22
If you can help a partner or close friend today, you will. In fact, you are even willing to compromise with a person who is an enemy or a frenemy. (That's the toughest!)

**Sagittarius** Nov. 23 - Dec. 21
You will find it rewarding to help someone at work today, and because you extended this person a helping hand, you will feel good about yourself. Life works that way.

**Capricorn** Dec. 22 - Jan. 20
If you can help children today, you will get great satisfaction in doing so. Playful activities, social outings and sports events will be pleasant.

**Aquarius** Jan. 21 - Feb. 19
You want to help a family member today, especially because there's been chaos and activity at home. Someone will appreciate your offer to help. Family is gold.

**Pisces**
Feb. 20 - March 20
You can influence others today by setting a great example for them. Your ability to be caring and positive will be noticed by others.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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